

Special
*Well*BEING Issue
May 2022



'Id Saeed



INSIDE THIS ISSUE



'Id Saeed

1

2

3

4

6

8

10

Legal Disclaimer: All health and health-related information contained in this Johns Hopkins Aramco Healthcare Company material is intended to be general in nature and should not be used as a substitute for a visit with a healthcare professional. The advice is intended to offer only a general basis for individuals to discuss their health and medical conditions with their healthcare provider. Your healthcare provider should be consulted regarding matters concerning the medical condition, treatment and needs of you and your family.

'Id Greeting Message from JHAH Chief Executive

*Dear colleagues and friends,
By taking all the necessary COVID-19
preventive measures and getting
vaccinated, we as an organization thrived
over the last two years.*

*This year, our 'Id celebration is very
special as we have great hopes of closing
the COVID-19 pandemic chapter and
returning to our new normal. The pandemic
introduced new personal habits that we
should continue
to practice in order to stay safe and healthy.*

*On behalf of the JHAH Board and Executive
Management, I would like to extend our
sincere wishes for a happy and healthy 'Id
to you and your loved ones.*

Celebrate safely.

Yours sincerely,
Dr. Michael Walsh
Chief Executive
Johns Hopkins Aramco Healthcare



Health & Safety Tips for 'Id



'Id is celebrated with family gatherings, reunions and an array of delicious foods. With tables full of sweet treats and large quantities of food, 'Id is a time when it is easy to deviate from personal health goals. Yet, you still can enjoy all the festivities of 'Id with minimum impact on your health. Here are Johns Hopkins Aramco Healthcare's (JHAH) top tips for a healthier and safer 'Id this year.

Celebrate safely

Your 'Id celebration might need a bit more thought and preparation. Make sure you are up to date with your COVID-19 vaccinations and don't forget to practice good hand hygiene.

Make a plan

Make a conscious choice of your food intake during 'Id. Instead of overindulging, try the following:

- Gradually resume your routine meal plan.
- Plan your meals by choosing what to eat mindfully.
- Consume small quantities and selections of your favorite foods.

- It might be tempting to indulge in 'Id chocolates and sweets but remember that avoiding extra sugar is a key to steer clear of post-'Id weight gain.
- Take breaks while eating. Remember that your brain takes a few minutes to signal that you are full.

Readjust your sleeping pattern

Getting your body back to its regular sleeping pattern after Ramadan might be challenging. Get back into routine with the following tips:

- Gradually readjust by pushing back your bedtime one hour each day till you reach your regular sleep time.
- Avoid caffeine at least four to six hours before your bedtime.
- Avoid heavy meals and exercise before bedtime.

Stay hydrated

It is easy to forget to drink water when you are not in your routine. Ramadan pushes you to drink more water during the night to catch up on missed water intake from fasting. While switching to a new routine during 'Id, you may forget to drink water during the day. Make sure you are adequately hydrated by drinking water or eating water-rich foods throughout the day.

Tips for Making Healthier Sweets



Many commercial sweets use white flour, syrup, sugar, butter or ghee, chocolate, and whole milk. These ingredients are rich in saturated fats and calories but lack nutritional value due to their low fiber, antioxidants, vitamins, and minerals.

The high levels of fat cause indigestion and heartburn and increase body weight if consumed excessively and frequently. Fatty and sugary sweets cause an increase in blood sugar and lipids levels and stimulate feelings of hunger with cravings to consume more sweetened desserts.

The following tips are recommended by CJHAH's Clinical Nutrition Services Department to make sweets healthier, lighter, nutritious and lower in calories and fats:

- Replace sweets with fresh or dried fruits.
- Consume sweets in small portions and less frequently.
- Reduce the amount of the fat added by 50% and replace the remainder with apple or banana sauce for a soft texture.
- Use healthy oils instead of butter or ghee.
- Replace full cream dairy products including milk and cheese with low-fat or non-fat dairy products.
- Limit frying as a method of preparation; try baking, steaming or grilling. Instead of sugar, add cinnamon powder as a substitute.
- Use whole wheat flour or other grains in place of refined flours.
- Garnish desserts with fresh or dried fruits or unsalted nuts rather than topping them with cream, coconut or chocolate.

The tips make reduce calories and fats while making desserts rich in antioxidants, fiber, vitamins, and minerals.

By: Ghada Al Habib, Manager of Clinical Nutrition Services and Basem Futa, PhD, Senior Dietary Specialist

Top Tips for a Healthy 'Id



Be mindful

- After a month of devotion and restraint, it is easy to go overboard with the delicious treats. Eating slowly, focusing on each bite's feel, taste, and sensation will help set you for the day.
- Be mindful of **portion size**. It's easy to overindulge during celebrations like 'Id, but knowing your portion size can help you avoid eating more than you had planned. Try to fill up on vegetables to feel fuller and try to stop eating just before you feel full. Remember that using smaller plates or bowls can help you manage your portions.

Beat the sweet tooth

- Try to have some dried dates stuffed with walnuts or dried figs before you start consuming other sweets. This will help you satisfy your sweet tooth and not overindulge.
- **Homemade sweets:** Preparing your sweets at home can help you control the ingredients and ensure having healthier sweets without sacrificing the flavor. At home, you can replace sugar and sugar syrup with honey, date syrup or artificial sweeteners and you can opt for whole wheat flour instead of white flour.

Leave the table once you are full

Once you have enjoyed your share of 'Id delights, leave the table so you are not tempted to try more sweets that your blood glucose levels, or stomach, can't accommodate. Enjoying sweets in moderation is vital.

Blood glucose monitoring

Changes in routine and eating habits and adjustments to your medication after Ramadan can have an unexpected impact. If you are diabetic, make sure to check your blood glucose levels regularly. If your glucose levels remain high, you may be at risk of

severe dehydration, which may cause you to feel drowsy and confused. Talk to your diabetes health professional immediately for advice about managing your blood glucose levels if they remain high.

Walk around the block

A good walk around the block can positively affect your mood and help manage your appetite. Exercise releases feel-good hormones which can make you feel revitalized and keep your diabetes in check. Exercise improves glucose uptake by the muscles and the body's insulin sensitivity so that insulin has a more significant effect in reducing Blood Glucose Levels both during and after exercise.

Drink water

Drinking water is essential to prevent dehydration after extended periods of fasting. It is crucial after eating sweets as the kidneys will use water to flush sugar out of the system. Try to drink one cup of water every hour.

Be sault cautious

Studies shows that excess salt is not good for your health. Don't add salt; instead, replace salt with herbs and spices such as basil, parsley, thyme, rosemary, coriander powder, pepper, chili, and lemon juice. Avoid using high amounts of condensed milk, and be prudent with sugar when making sweet treats.

Don't overindulge in meat

'Id festivities are synonymous with non-vegetarian foods but make sure that they don't form the bulk of your diet. Meat is difficult to digest and has plenty of calories; try and go for leaner cuts and avoid consuming too much.



By: Ghada Al Habib, Manager of Clinical Nutrition Services

Your Health During 'Id



After a month of fasting during the Holy Month of Ramadan, 'Id celebrations that offer unlimited food can be undeniably difficult to resist, and overeating most certainly will follow.

Many of us tend to over indulge during 'Id, and again we are faced with the challenge of keeping up with our healthy habits and active lifestyle, but remember, health has no deadline and it is not a goal but a limitless journey.

How can I stay healthy this 'Id?

- Primarily, you should avoid overeating during 'Id, although it is a celebratory time it is not an excuse to go overboard and consume more than your daily caloric needs.
- Stay away from processed foods that comes in any type of packaging, and especially be wary of consuming too many sweets such is the custom at times.



- Avoid fried foods and those that contain a high level of saturated fats, both can cause heartburn and indigestion leaving you feeling unwell.
- Stay hydrated by drinking a good amount of water, and don't over consume on caffeine which is found in coffee, teas, and sugary drinks.
- Watch your portion sizes and make sure you are eating a good amount of vegetables, with the right balance of proteins and carbohydrates.

How can I stay fit this 'Id?

Stay on your regular fitness routine, if you toned it down during Ramadan you can gradually return to it. Exercise presents many physical and mental benefits that should be motivating enough for you to get back on track with your physical activities, it can keep your waist trim and your spirits high.

Enjoy your 'Id with its many blessings



Our Visiting and Service Hours



Stay up-to-date with our visiting and service hours. Scan the QR code to find out.



Heart-Friendly

JHAH Healthy Recipes

Basbousa without Oil

Ingredients

- 1 cup Semolina
- 1 1/2 cup Yogurt
- 1/2 teaspoon Bicarbonate soda
- 2 teaspoons Baking Powder
- 2 tablespoons peeled Almonds

Syrup:

- 1/4 a cup of Stevia Sugar
- 2 cups of water



Preparation

To prepare the syrup

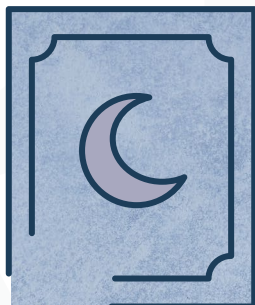
- Put the sugar and water in a bowl. Mix the mixture until it is thoroughly combined and put it on medium heat until it boils. Once the mixture boils, reduce the temperature, and leave the syrup on the heat for 10-12 minutes until it thickens.
- Mix the semolina with yogurt, bicarbonate soda, and baking powder very well, and

- pour the mixture into a baking tray.
- Decorate the surface of the mixture with almonds, then insert into a preheated oven and leave the mixture until the dough is done and turns brown and its surface becomes red.
- Add the syrup to the Basbousa Immediately after taking it out of the oven while it is still hot.





Maamool



Makes 19-20 Pieces

Cooking Time: 27 – 29 Min

Ingredients (6 servings)

- 2 cups grounded Quaker oats
- ½ cup of flour
- 1 teaspoon salt
- 1 teaspoon powdered sugar
- ½ teaspoon Nigella seeds
- 1 teaspoon maamool spices
- ½ cup of oil
- ½ cup of warm water

For the filling:

- 1 cup of Dates Paste
- 1 tablespoon of sesame seeds (toasted)

Preparation

- In a medium bowl, mix the flour, Oats flour, sugar, and salt, then add the Nigella seeds and the maamool spices.

- In a small pot, heat the oil until it becomes very hot. Remove the pot from the heat and immediately pour the mixture over the spices carefully. Blend the mixture by using a fork until it cools down, then starts using your fingers to rub the mix.
- Add the warm water to the mixture, and mix the dough until combined very well. Then, cover it with a wet towel and then on the top with a plastic wrap.
- Mix the filling ingredients of the dates in a bowl, then divide it into 19 -20 small balls. Preheat the oven to 180°C -360°F. By dividing the dough into 19-20 balls and cover them with a wet towel. Then, in the center of the dough, fill each one with a date piece. For decoration, use the special Maamool molds.
- The final step, bake the Maamool in the oven for 27-29 minutes. Once the maamool is done, cover it with a wet towel to avoid it from drying out.
- Bake the dough in a greased pan at 350° F for five minutes or until the dough becomes crispy and golden.

By: JHAH Clinical
Nutrition & Food Services

10

Ways to Make This 'Id Special



Plan in advance



Buy new clothes



Clean and decorate the home



Make special food and dessert



Have the kids make gifts for each other



Record 'Id day events



Visit a food bank and donate your extra 'Id food



Visit relatives and friends



Share 'Id with your neighbors



Go to a restaurant to eat as a family

